

## Tips to Informal Caregivers on Giving Personal Care

### **Maintaining and Restoring Breathing**

The first priority for emergency care is to restore and maintain breathing.

This is called mouth-to-mouth resuscitation. A facial mask should be used to prevent unnecessary exposure to infectious disease. In an emergency, a clean cloth or handkerchief will provide the same effect.

Caregivers, who want to be prepared to administer mouth-to-mouth resuscitation, are advised to seek training from local health professionals such as the American Red Cross.

#### **Procedure:**

Keep the head tipped back and pinch the nose with your thumb and forefinger. Take a deep breath and open your mouth wide.

Cover the person's mouth with your mouth, and blow four quick full breaths as fast as possible. Lift your head and take a breath between each four breaths.

#### **Foreign Body in the Airway**

After four breaths, check his pulse and his breathing again for at least 5 but no more than 10 seconds. Check the pulse on the side of his neck nearest you by placing the fingers on the far side of the voice box at mid neck.

If the person has no pulse, cardiopulmonary resuscitation (CPR) is needed. If you have not been trained to give CPR, continue mouth-to-mouth breathing until help arrives. There may be a faint pulse which is not felt.

Do not interfere with the person's attempts to expel an object if he is still able to breath or cough. (Training is available through the American Red Cross). When there is complete obstruction:

- The person was probably eating and may clutch the throat.

- The person will be unable to speak, cough, or breathe.
- The person's face may darken. If so, stand to the side and slightly behind the victim.
- Place one hand high on the hard part of the victim's chest. Lean the person forward until his head is chest-level or lower. Give four manual thrusts (see below).
- Repeat the above procedure until the person can breathe.

**Procedure to do a manual thrust (Heimlich's Maneuver)**

- Stand behind the person and place the thumb side of your fist, palm down, into the area just above the victim's abdomen.
- Grasp the fist with the other hand. Press the fist into the victim's abdomen with a quick upward thrust.

*The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.*